

**Year 6 Jigsaw**  
**Friday 19<sup>th</sup> June 2020**  
**Lesson 1 –: Dreams and goals**

**Activity 1**

Before we start, let's remind ourselves of what we mean by dreams and goals.

What is the difference?

A goal is.....

A dream is.....



First identify a goal –use the 'my goal' shield!

Next: How do you prepare to reach a goal?



**Activity 2: Look at the attached resource.**

It is a goal setting totem pole.



**Vocabulary:** I could try:

Persistence      resilience      taking small steps

Mapping the journey      Telling other people!

Identify the steps up the pole that

**Activity 3: Read and follow the instructions to help with meditation.**

You know how important it is for human beings to be in control of their minds, don't you? Our minds are very often busy, 'monkey' minds and when there are many thoughts in our minds it can become more difficult to concentrate and learn.

Controlling our minds just takes practise.

We can all do it.

We have to learn to look in on what is happening in our thoughts and feelings.

Adopt the Calm Me position... both feet flat on the floor, nice straight and proud posture, remembering the golden thread pulling up though the crown and elongating the spine. How does this feel? Comfortable? Breathe in through your nose and enjoy taking the air into your lungs. Breathe out gently and slowly, releasing the air and feeling grateful that it keeps you alive. Breathe in... breathe out... Slow your breathing down a bit and enjoy focussing on only your breathing.

Dreams and Goals  
Goal Cards - Year 6 - Piece 1

My Goal

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My Goal

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